





(b) Blood pressure can be described as the tension of blood within the blood vessel. Complete the table below identifying the name and blood pressure value for an adult at rest in both phases of the cardiac cycle.

	<b>Contraction Phase</b>	<b>Relaxation Phase</b>
<b>Name of Blood Pressure</b>		
<b>Value of Blood Pressure</b>		

What changes would you expect to occur to blood pressure during exercise?

.....

.....

..... [5]







Section B

Answer all parts of the question.

Acquiring Movement Skills

- 2 (a) The classification of motor skills in sport is often used in determining the most effective practice methods.

Using a motor skill of your choice, mark its position on each of the following continua and write a justification for each placement.

Name of motor skill .....

Gross ..... Fine

Justification: .....

.....

Open ..... Closed

Justification: .....

.....

Discrete ..... Serial ..... Continuous

Justification: .....

.....

Externally paced ..... Self paced

Justification: .....

.....

Simple ..... Complex

Justification: .....

.....

Low organisation ..... High organisation

Justification: .....

..... [6]

- (b) The motivation to lead an active, healthy lifestyle has an impact on participation in physical activity.

Briefly explain what is meant by drive reduction theory.

.....  
.....  
.....  
.....

Describe how drive reduction can affect the motivation for an active, healthy lifestyle.

.....  
.....  
.....  
..... [4]

- (c) Types of motor control affect the acquisition of movement skills in sport.  
Explain the role of closed loop control in the performance of movement skills.

.....  
.....  
.....  
.....  
.....  
.....  
.....  
..... [4]



(d) Identify the three different types of reinforcement used in acquiring movement skills.

1 .....

2 .....

3 .....

Explain how reinforcement can be used to promote a healthy lifestyle.

.....

.....

.....

.....

.....

..... [6]













**PLEASE DO NOT WRITE ON THIS PAGE**



Permission to reproduce items where third-party owned material protected by copyright is included has been sought and cleared where possible. Every reasonable effort has been made by the publisher (OCR) to trace copyright holders, but if any items requiring clearance have unwittingly been included, the publisher will be pleased to make amends at the earliest possible opportunity.

OCR is part of the Cambridge Assessment Group. Cambridge Assessment is the brand name of University of Cambridge Local Examinations Syndicate (UCLES), which is itself a department of the University of Cambridge.